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Medial Unicompartmental Versus Knee Arthroplasty In The Treatment Of Isolated Anteromedial Knee Osteoarthritis: 2-Year Results From A Double-Blinded Multicentre Randomized Trial Of 350 Patients.

Orthopaedics / Knee & Lower Leg / Joint Replacement - Primary

Jacob Fyhring Mortensen¹, Paul Blanche², Claes Sjørslev Blom³, Morten Vase⁴, Søren Overgaard⁵, Andreas Kappel⁶, Martin Lindberg-Larsen⁷, Frank Madsen⁸, Snorre Læssøe Stephensen⁹, Henrik Schrøder¹⁰, Lasse Enkebølle Rasmussen¹¹, Per Wagner Kristensen¹¹, Svend Erik Østgaard⁶, Anders Odgaard¹²

- 1. Zealand University Hospital Nykøbing Falster, Nykøbing Falster, Denmark
- 2. Department of Biostatistics, University of Copenhagen, Copenhagen, Denmark
- 3. Department of Orthopaedic Surgery, Randers Hospital, Randers, Denmark
- 4. Department of Orthopaedic Surgery, Silkeborg Hospital, Silkeborg, Denmark
- 5. Department of Orthopaedic Surgery and Traumatology, Copenhagen University Hospital, Bispebjerg, Denmark
- 6. Department of Orthopaedic Surgery, Aalborg University Hospital, Aalborg, Denmark
- 7. Department of Orthopaedic Surgery and Traumatology, Odense University Hospital, Odense, Denmark
- 8. Department of Orthopaedic Surgery, Aarhus University Hospital, Aarhus, Denmark
- 9. Department of Orthopaedic Surgery, Gentofte Hospital, Gentofte, Denmark
- 10. Department of Orthopaedic Surgery, Naestved Hospital, Naestved, Denmark
- 11. Department of Orthopaedic Surgery, Vejle Hospital, Vejle, Denmark
- 12. Department of Orthopaedic Surgery, Rigshospitalet, Copenhagen, Denmark

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Background

Total Knee Arthroplasty (TKA) and Medial Unicompartmental Knee Arthroplasty (mUKA) are common treatments for isolated anteromedial osteoarthritis, but there is ongoing debate regarding which is more effective in both the short and long term.

Objectives

This study aimed to compare mUKA and TKA, with the primary objective being to assess the time-adjusted improvement in the Oxford Knee Score (OKS) over the first two years. Secondary objectives included evaluating the time-adjusted Forgotten Joint Score, Copenhagen Knee ROM scale, clinical ROM, KOOS, SF-36, EQ-5D, and UCLA activity scale, as well as mean scores at the two-year follow-up for OKS and clinical ROM. Additionally, revision and re-operation rates were compared.

Study Design & Methods

A double-blinded, multicenter randomized trial was conducted across all five regions of Denmark. Secondary outcomes were analyzed using a hierarchical sequential gatekeeping statistical method. Time-adjusted outcomes were calculated by measuring specific time points and determining the area under the curve.

Results

From August 2017 to April 2021, 1,219 patients were assessed, with 350 randomly assigned to either mUKA or TKA. The mean time-adjusted OKS improvement was 3.5 (CI 2.3; 4.7, p<.001) higher for mUKA. The OKS at two years showed a mean difference of 2.7 (CI 1.3; 4, p<0.001) in favor of mUKA. The vast majority of the secondary outcomes were statistically in favour of mUKA. Re-operation rates within two years were 2.3% for mUKA and 6.9% for TKA, with a difference of 4.7% (CI 0.2%; 9.8%). Revision surgery rates were 2.8% for mUKA and 4% for TKA, with a difference of 1.2% (CI -3%; 5.7%).

Conclusions

There was a statistically significant difference in the time- weighted mean OKS change from baseline between mUKA and TKA, in favour of mUKA. Most secondary outcomes, including revision and re-operation rates, favoured mUKA. These findings support the increasing usage of mUKA worldwide, however, long-term follow-up is needed before definitive clinical recommendations can be made.